

The image shows a top-down view of several meal prep containers on a white marble surface. In the top left, a glass container holds salmon fillets, sliced tomatoes, and whole-grain bread. To its right is a small wooden bowl filled with a mix of almonds, cashews, and walnuts. In the center, a glass container contains salmon, broccoli, and snap peas. In the bottom left, a metal bowl is filled with green grapes. In the bottom right, another glass container shows salmon and rice. A semi-transparent text box is overlaid in the center of the image.

# Time-Saving Hacks

*For a Healthier You*

SIMPLE TIME-SAVING TIPS TO  
MAKE HEALTHY LIVING A SNAP.

# TIME SAVING HACKS

## For healthy eating

When life gets busy, eating healthy can feel daunting. But with the right tricks, preparing healthy meals *doesn't* need to feel like a part-time job. Here are 8 time-saving tips to make healthy eating more doable.



### Weekend meal prep

Setting aside an hour or two for meal prep on the weekend can be a game changer during the week. Easy to prep ideas include [mason jar salads](#), [overnight oats](#), [chia pudding](#), [egg muffins](#), & [sheet pan meals](#).



### Batch cooking

If you're taking the time to cook, you might as well do double duty. Meaning if you're preparing a soup, make a double batch and freeze the extras. You can even batch cook staples like quinoa, rice, and beans and freeze some for later.



### Crockpot meals

Crockpot meals not only make large portions, they're very hands off. Just dump your ingredients, go on with your day, and a few hours later, dinner is served. For some healthy crockpot inspiration, check out [this recipe roundup](#).



### Healthy frozen meals

Yes, home cooked is best. But in a pinch, it's nice to have some quick, easy meals on hand. For frozen meals, [Tattooed Chef](#), [Saffron Road](#), [Amy's Kitchen](#), and Primal Kitchen have healthy options.



### Healthy meal kits

Meal kit services deliver ready-to-make ingredients so you can whip together tasty meals fast. Check out [Green Chef](#), [Trifecta Nutrition](#), [Daily Harvest](#), & [Sunbasket](#).



### Pre-portioned snacks

No need to divvy up snacks when you buy them pre-portioned. By pre-portioned snacks such as Simple Mills almond crackers, individual hummus cups, and individually portioned nuts.



### Buy precut fruits and veggies

Homecooked meals are *much* easier to prepare when your ingredients are chopped, washed, and ready to go. Most grocery stores sell precut veggies.



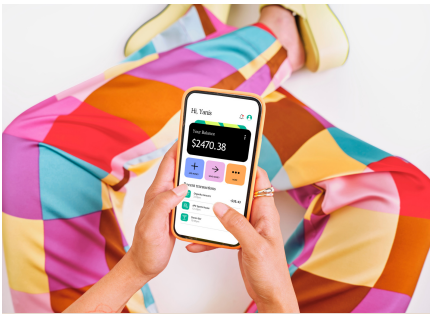
### Smoothies

One of the simplest ways to flood your body with nutrients FAST. Save even more time by prepping [frozen smoothie bags](#). Just toss in the blender, add some nut milk, and blend.

# MORE TIME SAVING HACKS

## *For exercise & beyond*

Whether you struggle to fit in exercise, drink enough water, or grocery shop, these hacks will make it easier to stick to your healthy lifestyle.



### Workout apps

Think you need to spend an hour at the gym to get a good workout? Think again! There are tons of fitness apps that allow you to exercise from the comfort of home. Many have short 20-minute classes you can squeeze in. Check out [Nike Training Club](#), [Freeletics](#), [Tone it Up](#), [Sweat](#), or [Beach Body on Demand](#).



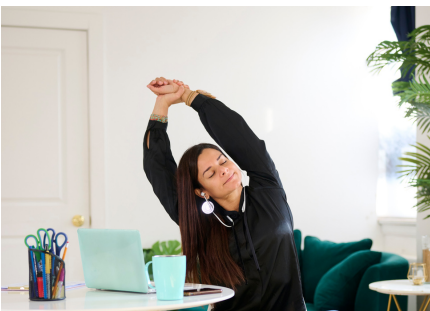
### HIIT workouts

HIIT workouts are great if you're on a time crunch. They involve short bursts of high intensity, helping you burn fat quicker than other forms of exercise. If you're new to HIIT, check out this [quick 15-minute HIIT workout](#).



### Carry a 64-oz water bottle

Most experts say to drink at least eight 8-oz glasses a day. But most of us don't drink *nearly* enough water. Solution: carry a 64 ounce water bottle. This makes it much easier to track your daily water intake. Plus, you won't have to refill it constantly! Opt for stainless steel options like [this one](#), as plastic can leach in your water.



### Standing & treadmill desks

If your job involves a lot of sitting or you're too sedentary in general, consider investing in a [standing desk](#) or [treadmill desk](#). That way you can work your legs... *while* you work!



### Online grocery shopping & delivery

If shopping is eating up your time, have someone else do it for you! Services like [Amazon Fresh](#), [Instacart](#), and [Shipt](#) can take grocery shopping off your to-do list for good and deliver it right to your door. Or order online and pick it up curbside.



### Bookmarking online workouts

Save your favorite online workout AHEAD of time, so that you aren't searching the internet for a good workout when it is time to get moving. Have the workout uploaded or bookmarked and on your calendar ready to go.